

C.

ARM SWING'G FOR'D & SIDE'W.

60

C.

KNEE ST. - ARM SWING'G FOR'D + SIDEW.

WG. ST. - JUMP'G 3TW. SPR. ST. + ST.

" -

EASY HL. RAIS'G + KN. BEND'G.

C.

WG. ST. - HOPP'G W. ALT. TOE TOUCH'G
FORW. + SIDEW.

62b

C.

WG. ST. - ALT. LEG SWING'G IN CIRCLE

C.

W.C.S.T. - 4 HOPS W. ALT. TOE TOUCH'G
SIDEW. + KN. LIFT'G + TOE
TOUCH'G FOR'D + KN. LIFT'G.

C.

JUMP'G IN PLACE - ARM MOV.

65

FLEX.

F.

HD. SQUAT SITTING - HOP W. ALT. STR'G.
SIDEW.

F.

ALT. KN. LIFT'G + STRETCH'G W.
HELP OF HDS.

67

F.

B.L. - ALT. KN. STR'G W. HELP OF HDS

F.

B.L. - ALT. KNEE LIFT'G + STETCH'G W.
HELP OF HANDS.

F.

B.L - SINGLE + DOUBLE KN. LIFT'G +
STRETCH'G.



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